

CERTIFICATE IN ONLINE COUNSELING AND PSYCHOTHERAPY (COCP)

"Build Essential Skills for the Growing Field of Online Psychotherapy."



WHAT WE WILL TALK ABOUT

About Kinfolk

Topics Covered

Who can join

Our Experts

Summary of Key Learnings

Course Details



HELLO, EVERYONE !

Who are we?

We are a dedicated team led by Director Bright P Jacob, guided by our Advisory Board, including Dr. Mohammed Abeer. Our mission is to make quality mental health services accessible to all by providing personalized, compassionate care in a non-judgmental environment. We ensure confidentiality and connect individuals with the right experts, tailoring services to their unique needs.

Our vision

At The Kinfolk Institute, we strive to promote equal access to mental health care, regardless of socio-economic background. We are committed to breaking the stigma around mental health by offering affordable services and encouraging the same importance for mental health as physical health. Through innovative programs and compassionate care, we aim to change societal perceptions and provide excellent care to everyone.

WHAT WE WILL PROVIDE IN COCP

A 10 day certificate course in online counseling and psychotherapy, which included:

1. Introduction to Online Counselling and Psychotherapy

- Adapting counselling techniques for the online setting, including rapport-building, technology considerations, and overcoming common challenges.

2. Risk Assessment, Intake, and Referral

- Conducting virtual risk assessments, handling crises, and making appropriate referrals for

3. Active Listening and Building Therapeutic Alliance

- Techniques for establishing therapeutic rapport online, addressing communication barriers, and fostering empathy and warmth.

4. Behavioural Activation

- Practical strategies for engaging clients in activity scheduling and behaviour change remotely.

5. Introduction to Evidence-Based Psychotherapy for Common Disorders

- Key techniques from CBT and other evidence-based approaches, adapted for online sessions

6. Management of Depression

- Tools and techniques for managing depression in virtual settings, including mood tracking and coping skills enhancement.

7. Management of Panic Disorder and Generalized Anxiety Disorder (GAD)

- Psychoeducation, relaxation, and exposure exercises tailored for online therapy.

8. Goal-Setting, Consistency, and Preventive Well-Being Skills

Counselling for resilience-building, balanced well-being, and preventive mental health

9. Ethical and Legal Considerations in Online Counselling

- Guidelines on confidentiality, data security, and managing boundaries and ethical challenges unique to online counselling.

10. Managing Appointments, Scheduling, and Follow-Ups

- Effective scheduling, maintaining continuity, and keeping clients engaged in virtual therapy.

WHO IS IT FOR

- **Post graduates & Post graduate students in Psychology :**

This course is designed for postgraduates in psychology (students currently enrolled in a Master's program in Psychology) who wish to enhance their knowledge in counseling skills and to improve the quality of consultation services, especially in online consultation.

- **Mental health professionals**

The course is also open to other mental health professionals, including psychologists, counselors, and therapists, who are looking to expand their knowledge in counseling and psychotherapy.

SPEAKERS

Dr. Mohammed Abeer K.C

Dr. Mohammed Abeer K.C. is the Senior Counsellor and Head Counsellor at IIT Kharagpur, where he has served since 2013. He holds a Ph.D. in Psychology, specializing in academic resilience, and has over 15 years of clinical experience. Dr. Abeer specializes in Cognitive Behavioral Therapy (CBT), facial emotion recognition, and college student mental health. He has significant expertise in treating depression and anxiety disorders and is a licensed QPR gatekeeper instructor with extensive experience in suicide prevention and resilience interventions. He has conducted numerous workshops nationally and internationally on these topics.



Bright P Jacob

Bright P Jacob is the Director and Clinical Psychologist at Kinfolk Institute, with over 17 years of clinical and teaching experience. He holds an M.Sc. and MPhil in Clinical Psychology and specializes in Cognitive Behavioral Therapy (CBT), Couple and Family Therapy, and Psychoanalytic Therapy. Bright is dedicated to helping individuals enhance their decision-making, problem-solving, and social communication skills, providing personalized care to support mental well-being and personal growth.



SUMMARY OF KEY LEARNINGS

- **Perfect for Beginners:** Ideal for PG psychology students looking to start their career in online psychotherapy.
- **Quality Counseling Focus:** Teaches how to provide the best counseling experience, not just online therapy.
- **Legal and Ethical Mastery:** Covers key legal and ethical issues in online counseling and how to manage them.
- **Expert-Led and Collaborative Learning:** Learn from experienced faculty like Dr. Mohammed Abeer (Senior Psychologist) and Bright P Jacob (Clinical Psychologist) with opportunities for case discussions and role-plays with Kinfolk Institute.

COURSE DETAILS

Course Period :

From 21st, 2025

Certification and Attendance Requirements

Upon successful completion of the course, participants will receive a certificate from the Kinfolk Institute of Health and Wellbeing, recognizing their skills and readiness to provide counseling in online settings.

Attendance policy

To maintain the program's integrity and effectiveness, attendance in all sessions is mandatory. Please note that no recorded sessions will be available, ensuring a fully interactive and immersive learning experience.

How much?

For early birds ~~10,000/-~~ 4,750/- only

How to enroll ?

Google form link for registration and payment details.

[Click here for registration](#)

[To join our WhatsApp group](#)

COORDINATORS



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